## HIHTS TO THE COOK

Points to be Observed in Preparing Birds for the Table.

HOW TO BUY TABLE GAME

When Maryland Canvastacks Are the Best-Why Feathered Game So Kept Three Days Sefter Enting.



lives long who lives well." To live well, howneither in living expensively nor luxuriously. But the head of her

and kitchen, nd second, that the cook is not one of the devil's sending. You must buy with judgment, which means buy the best, and show your economy in your azientific cooking and prevention of

It is important to know how to buy came as well as how to cook it. "Any feathered game," says the great Saafter it has been shot has no particu flavor, lacking the delicacy of a fowl and not having as yet sequired a flavor of its own. The proper point is when decomposition commences. It is then tender and sublime, partaking at once of the flavor of poultry and venison.

American epicures will possibly pre-fer their game cooked before "the point of decomposition commences," but it is an indisputable fact that game is better not only for having been hung a moderate length of time, but it is also better for having been hung in its feathers. In the case of plucked game the contact with the air neutralzes some share of the aroma. Place spices inside the bills of game that is to be hung for any length of time. Game that has been overkept may be determined by the dry and shrunken

Baked Quails.- These are much better for first being "plumped." To do slices of pork tied over their breasts; put a half cup of hot water over them, over with an inverted pan of the same size and steam for ten minutes on top of the range; then bake twenty sinutes in a quick oven, basting well and frequently with butter and water. Trim the crusts from some slices of bread, fry in hot butter and place a bird in each slice. Accompany with felly and a salad of cresses with French dressing. Potntoes a is neige or a in Parisione, spinach, tomatoes, baked or atewed celery are the usual regetables served with quall. With baked quall or partridges, a bread sauce is considered a cise que non in England. To make this, thicken a pint of boiling milk with fine, sifted bread crumbs: eason with pepper, sait, grated nutmay and a good-sized piece of butter With this send to table a plate of resident or the control of the contr tantly and be lifted out at once with s skimmer, drained on kitchen paper and transferred to a hot dish. Place beside each bird a spoonful of the white brend sauce, another of the brown fried crumbs and one of rich. ged current jelly. The combination is as pleasing to the eye as to the palate.

Cutlets of Quail.-These make a pretty and easily prepared game course for a company dinner. Make two fillets from the breast and at the small end stick a bone from the leg: flatten to the shape of a cutlet with a rolling pln, season with salt and pepper, dip in melted butter, roll crumbs and saute in very hot fat. Alternate these with triangular croutens of fried bread around a mound of green peas, beans, stewed mushrooms or potatoes a la Parisienne. A more elaborate way is to make a pint of broth by stewing the carcasses with a alice of pork and an enion. Thicken with butter and flour, color with a few drops of Tournade's kitchen bouquet, add the mashed livers that have been cooked tender in this broth, let the sauce get cold and dip the cutlets in this before frying.

Risque of Quails.-For this deliescy you must be thankful to Francatelli,

et opres ful a nos for simplifying the recipe of the great chef for use in the ordinary kitchen, such an array of "tammies," saucepans and sauces as he calls for being enough to strike ter-For to the heart of the most willing ecole. Clean six birds, making four small fillets from the breast of each; lay these soids while you break up the remaining portions of the birds and fry them lightly in a little pork fat. Cover with three pints of veal broth, mild a pint of minced mushrooms, a expful of rice, a minced onion, a sprig of paraloy, a bay leaf and a pinch of thyme; simmer gently for an hour and a baif, drain in a sieve and press the rice and other ingredients through as far as possible, using the back of a wooden speen. Put a speenful of butter in a saucepen, when melted stir in a space ful of floor, and when smooth turn on the strained broth, stirring the wille. Meantime cut the fillets into pieces ball an inch square and fry in a little butter. Drop them in the tureen and poor the bisque over. For extra measions three dozen little force meas balls may also be added. To make these, reserve half the fillets, chopping an fine as possible; sonk and squeeze but of cold water an equal weight of stale bread. Put this in a saucepan with a tablespoonful of butter and stir until the bread leaves the bottom and sides of the saucepan; add the yolks of two beaten eggs, the chopped quall, seasoning to taste and as much with or white sames as will moisten it. Drop small quantities of this on a foured board and roll into balls the size and hape of a small olive. Drop or two minutes into boiling water; life

Quails Braised with Prac -- True half a dosen qualle in the same way that you would a first for boiling; place them side by side in a stewpan th haif a presed streaked sait pork ent in this slices, two or three stailes of colory and some parsing; cover with week broth or water and simmer closeby covered for three-quarters of an covered for three-quarters of an harmed in any way he makes his mr. Dish the qualities a circle place communicates to this beaut, "whence"

out and lay in the turers.

ing them breasts outward; fill the center with canned peas heated, seasoned and drained. Skim the fet from the broth, of which there should not be more than a pint, thicken and color and send to table in a boat. Braised in the same way, but stuffed with stone clives, mushrooms or truffles, they are called a is peripseus.

Ferhage never, unless you are a hunter yourself, will you know the gustrummical delights of qualls a is cause, I first pertook of them on a California mach, cooked and served by the browneyed hunter lad who shot them.

Dress and drew the birds; put the livers inside; roll them in thin slices of fit sall port and then in well but-tured white paper; cook in hot wood embons as you have baked potatoes after a bonfire during your childhood; serve them on tonst with a tureen of rood become

serve them on tonst with a tureen of good brown gravy.

Partralges should have the breasts larded and be baked (if they enmot be roasted) in a quick oven for twenty to twenty-five minutes. Dish up on dry tonst, garnish with creases and pass tart jelly or spiced plums with them. The drippings in the pan may be thickened and seasoned for a brown sauce, or you can serve them with a celery sauce or on a puree of celery. Either of the two latter is especially nice with boiled partridges.

The famous enavaeback ducks of

The famous canvasback ducks of Baltimore come from Havre de Grace and owe their superior excellence and flavor to the wild celery on which they have fed. They are not in their prime antil the middle of December, by which time they should weigh from six to six and a half pounds the pair. The mode of procedure in cooking canvasback, redheads or mallards is the same: Pick, singe and draw the birds, put a pinch of salt inside and roast rare. An overdone canvasback is no better than the commonest wild duck. It is a common fault of the American cook to kill game with kindness, that is with cook-

The ingenious manner in which the "baited mallards" from the smaller lakes of Minnesota and Wisconsin are fed renders them of such superior excellence that they may be substituted for canvasback almost without fear of detection. Corn is spread daily on the banks of the lakes and day after day the birds return to partake of this mysteriously-sent manna, until, at last. like human epicures, they fall a prey to their love of good living, being captured when fat enough. To be sure that they have not hung too long, or been side-tracked on the way east, see that their eves are bright and the webs of the feet soft.

Orange is the very epicurean sauce which even the common people receive gladly, when served with this bird. Skim off every bit of fat from the gravy in the pan after baking: thicken with a great spoonful of flour; dilute with a pint of broth and squeeze in the juice of two oranges adding the shredded yellow rind previously boiled for ten minutes to extract the bitter

Salmi of Partridges.-The econom ical housekeeper should understand the mysteries of a salad, for there is no nicer way of serving the remains of yesterday's birds. For a company dinner it will be well to roast the birds the day before expressly for this purpose, in order to use only the ice parts, but the manner of making is the same. Cut the meat from the birds in the nestest possible pieces and lay it aside while you boil the bones, two small onions, a bunch of herbs and a pinch of cayenne, skim the fat from this broth, thicken and strain. Simmer in two dozen mushrooms for ten minutes, lay in the meat and let it get hot through; lay each piece of meat on a small, diamond shaped crouton and pour the sauce over all.

For a very swell dinner there is nothing nicer than a garnishing a la Montolas. Proceed as above in every particular except that you do not add mushrooms to the sauce. After you have dished the croutons and fillets of partridge, pour over them a garnish made as follows: Cut fine a pint of mushrooms; add two ounces of beef's tongue, two of truffles and two of white chicken meat, all cooked and cut in dice; season with salt, pepper and nutmeg. Now add two ounces of butter and a gill of veal gravy and heat by tossing over the fire in a saucepan without allowing it to boil. Pour over the dish and salmi, turn the sauce over

Filiets of cooked game heated for a moment on a broiler after being dipped in melted butter are delicious served on small squares of fried mush. And now before ending this gossip on game-ending it, not because the sublect is exhausted, but because the patience of my readers may be, let me just hint of a game salad. A portion of cold game, too small to use in any other manner, may be so served. Cut the meat small and let it stand in a mirands of plain saind dressing for an hour before serving. Then tear up some crisp lettuce, put in the salad bowl; add the meat and cover with a mayonnaise, garnishing with crumbled yolks of hard boiled eggs, the whites cut in dice and stoped olives.

ALICE CHITTENDEN.

#### INDIANS OF YUCATAN. Strange Customs with Infants and with Brides in Early Days.

In an old book called "The Buceapeers of America," recently reprinted, is given a curious account of the customs in vogue among the Yuca-tan Indians two hundred years ago. It runs substantially as follows:

As soon as a child is born it is earried to the temple where a circle or bole is made and filled with ashes. On this heap of ashes the naked child is placed and left there a whole night slone, not without great danger, no one daring to come near it. The temple is open on all sides, so that all sorts of beasts may freely go in and out. The next day the father and relatives return to see if the tracks or step of smy animal appears printed in the ashes. If no track is found the poor baby is left there until some beast has

left behind it the marks of its feet. To this spinual the new born babe is consecrated, as unto its God; and this beast he is bound to worship and serve all his life-it being his patron and protector. When grown to intelligence the parents instruct him in re-gard to his patron bead, and teach him to serve and honor it as his own proper God. He goes to the temple and makes offerings to the heast. the course of his life, when injured or From & - For Type Welter Upo.

# TELEGRAM

The Company TRANSMITS and DELIVERS mausages subject to the compligate pr ALBERT & CHANDLER,

52 N. High St 40 CO WN 23 paid 3 P. Received at -Telephone 68: Detroit, Mich, Oct 23.

The Peruna Drug Mfg Co.

Ship us immediately an assorted

car load Peruna manalin and lacupia. We are having enor mous sale on these goods.

> Williams, Davis, Brooks and Co by A S Brooks.

Seven Thousand Twe Hundred Bottles of use and dose, that they might supply the demand Medicines at a Single Order. for them that had sprung up outside my regular Medicines at a Single Order.

Medicines at a Single Order.

The above telegram is only one of many received by The Peru-na Drug Manufacturing Company from all parts of the United States, and serves to indicate the wonderful demand for Pe-ru-na. Man a-lin and La cu-pi-a everywhere they are known. Never before in the history of medicine has there been anything like it. Used first as the private prescriptions of a successful physician, they gradually became known farther and farther from home, until today they are rapidly becoming the most popular proprietary medicines in the world. In view of their remarkable origin and growth, as evidenced by the present phenominal and increasing demand, the following brief history of them is creating great interest, having appeared in the leading papers of this country: this country:

patients, to which I at last consented. They are now to be found wherever I have patients, and I continue to prescribe them as my principal prescriptions, scarcely ever finding it necessary to use any other medicine. These three compounds are distinguished by their names-Pe-ru-na, Mana-lin and La-cu-pi-a-and their composition is effected by a process entirely unlike any other medicine known, which process was perfected by myself after years' experience, which process very greatly highteens the curative virtues of each ingredient of the compound. This led to the formation of the Pe-ru-na Drug manufacturing Company of Columbus, Ohio, who have the sole right to manufacture these medicines."



DR. S. B. HARTMAN, President of the Surgical Hotel, Columbus, Ohio.

## A Short History.

In a recent interview the doctor stated: "The first tweive years of my professional career did not differ from that of any busy physician and surgeon. Farly in my practice, how-ever, I became dissatisfied with the ordinary pre-paration of drugs. I had been so frequently disappointed in their operation that I suspected it was due to the way in which the preparations were made. I began in a modest way to procure the medicinal herbs and extract their virtues in such a way that I could rely on their strength

## A Doctor's Private Prescription.

"I was astonished at the change in my success in the treatment of disease. I really believe that my success at that time, as well as at the present time, depends on the mode by which the medi-cines used are prepared. my practice soon be-came so extensive that it became evident that I should be obliged to institute a laboratory or manufactury to meet my necessities, which I did. Wishing to meet the demands of my private patients I supplied my medicines to druggists in their vicinity, labeled with names known only to my patients.

## A Peculiar Composition.

"I had repeated solicitation from druggists to put on each bottle printed directions as to the

adds the narrator, innocently, "many

times it comes that those who have

done the injury of which he complains

are found to be bitten, killed or other-

wise hurt by such animals. After this

superstitious and idolatrous manner,"

he continues, "do live those miscrable

and ignora at Indians that inhabit all

the islands of the gulf of Honduras. as

also many of them that dwell upon the

A man desiring to marry applies

first to the damsel's father or pearest

relative. He is carefully examined

concerning the manner of cultivating

their plantations, and other matters.

With these tokens he repairs to the

young maid, and presents her with a

garland of green leaves interwined

with fragrant flowers. The wreath she

is obliged to put on her head, and lay

saide her virgin's garland which she

has hitherto worn. All the relatives

and friends now assemble to consult

as to the propriety of the marriage of

their approval, they meet at the house of the damsel's father, where "they

drink of a certain liquor made of maire,

or Indian wheat," and here, in the

presence of this company, the father gives his daughter in marriage. The

next day the newly-married bride comes to her mother, "pulls off the gariand and tears it is pieces, with

eries and bitter lamentations, amord-

DAHOMEY WIVES

They are tritained by Purchase of the

King.

All the female population of Da-homey belongs to the king, who sells a

few, once a year, to any subject who may be in want of a wife, or some

times, if a man has performed an act

of beavery or pleased the bing of any

way, a wife is heatswell upon him free

se a secretal made of favor. The trice

ing to the castom of the country."

Having agreed as to

He is then given a bow and arrow

continent of Yucatan."

this couple.

## The News Spread in All Directions.

Of course it might have been expected that these remedies would meet with a wonderful sale, as a multitude of people would naturally avail themselves of such an opportunity to procure the benefit of one or more of the valuable prescriptions which have made Dr. Hartman one of the most famous physicians in the United States.



One of the Buildings Occupied by The Pe-ru-na Drug Manufacturing Co.

The above cut shows one of the buildings occupied by this enterprising company, who continue to manufacture the remedies exactly according to the directions of the doctor, subject constantly to his inspection.

### Merit Precedes Fame.

The masses of the people who cannot afford to procure the services of this eminent physician need no urging to avail themselves of this opportunity of getting his most valuable subscriptions whenever they can. Hence it is that the spread of these remedies over the greater part of the United States until they are known in almost every household has been accomplished with very little advertising. The news of their wonderful efficacy traveled from person to person even faster than any newspaper advertisement could carry it. Once introduced into a neighborhood the cures effected are sufficient advertisement. An advantage which these remedies possess over other effected are sufficient advertisement. An advan-tage which these remedies possess over other medicines is that inedical pamphlets, written by the doctor himself, giving a complete description their use in every case, are furnished free to every patient. The pamphlets are written in language easily understood by the ordinary reader, making each one who uses the remedies competent to use them intelligently.

### A New Book on Catarrh.

For instance, the remedy Pe-ru-na is generally considered to be the greatest, if not the only remedy for chronic catarrh yet discovered. only does Pe-ru-na cure catarrh, but colds, coughs, bronchitis, la grippe asthma and con-sumption promptly yield to its curative virtues. The doctor has just completed his new book, "Climatic Diseases," which gives a complete description of these affections, which is furnished free to each patient. In this way thousands of cases of chronic catarrh and other climatic diseases are being cured just as promptly and effectually as if they were under the doctor's immediate

### Catarrh the Cause of Consumption.

Chronic catarrh runs so gradually into consumption that it is very difficult to tell where the catarrh ends and the consumption begins. Indeed, Dr. Hartman has always contended that consumption is simply catarrh of the lungs. In order to show Dr. Hartman's complete confidence in Peru-na as a cure for all forms of catarrhal affections, from a slight cold to the worst forms of consumption, a case will be cited which is one of the thousands cured by Pe-ru-na.

## How a Case of Consumption was Saved.

Mrs. T. S. Eberlein, during the year 1882 began to develop the usual symptoms of consumption. From the first local physicians were employed. Cough medicines, tonics, codliver oil and stimulants were resorted to by her physicians without avail. Frequent consultations were held, but nothing checked the steady progress of her malady. The repeated examinations of her lungs maindy. The repeated examinations of her lungs indicated the rapid strides with which she was nearing the end. Her physicians were honorable members of the medical fraternity, in whom Mrs. Eberlein's husband and family had perfect confidence, and the sorrow with which they listened to their decision that they had exhausted everything known to them in vain for the relief of the wife and mother of the afflicted bousehold can be better imagined than described. As is common in consumptive patients, Mrs. Eberiein continued hopeful long after her attendants believed her beyond cure.

## Dr. Hartman Sent For in Haste.

At last she became so weak and emaciated that an attendant was constantly at hand to lift her during the terrible spells of coughing to which she was subject, and which were frequently folshe was subject, and which were frequently fol-loved by alarming sinking spells, during which she was often thought to be dying. It was dur-ing one of these frightful parexysms that her husband was supporting her tenderly and vainly trying to palliate her sufferings that she expressed her belief that if Dr. Hartman were sent for he could relieve her. Anxious to indulge her in every wish, as she was thought to be dying by all, he was immediately sent for, but being very busy was not able to respond until late in the evening of the afternoon in which he was sent for. It was not expected that she would survive until

he reached her forme, but hope kept her alles until he came. The remainder of the story is said in the doctor's own words:

The Picture of Death.

"It would seem difficult to imagine a more dis-coraging case for a doctor to undertake to cure has Mrs. Ebericin's at the moment of my first lait. A drawn, pinched countenance, of a than Mrs. Recreates a sit the meanest of my lifet visit. A drawn, pinched countenance, of a deathly paller, and lived lips, sources, fixed starting eyes, with a glassy brightness; wasted in body to a more abadow; pulse whally imporceptible at the seriet, but the heart freshy flottening; extremities cold and clammy, finger to libbius, breathing burried and gasping, utterly enhausted and hopeises, it optimily secured as if I had only arrived in time to see her dis. The first question of the distracted husband was: Is my wife dying? But my undarated faith in the efficacy of Peru na was sun's, even in this auful smergency, that I requied: 'Sir, you and I are now in the vigor of life; it may happen that this



lady may live to see us buried. After a hasty examination of the case. I prescribed Peru na, to be taken every hour, and if she was not better in the morning to let me know.

#### A Delighted Husband.

"It was two weeks before I again beard from the "It was two weeks before I again beard from the case, when the hasband entered my office, radiant with joy, and, not waiting for the usual salotations, exclaimed: 'Doctor, my wife is well.' Oh, no, you mean she is better, I replied. But the enthusiastic husband insisted that his wife was 'well and the heartiest eater at the table.' The fact was that, while she had made astonishing improvement, she was obliged to continue the use of Peru-na many months. In less than a year she was entirely well, and has remained so ever since, and her treatment from the beautiers. ever since, and her treatment from the beginning was Pe-rum, and nothing else. To have seen her at the time of the visit it would have been impossible to believe that any medicine or other earthly power could have saved her." A great many other cases of catarrhal consumption no less wonderful than the above might be given. but space forbids

#### Cases of Chronic Catarrh Recently Cured in Michigan.

Robert Robertson, Detroit, Mich., says: "The chronic catarrh had gone through my whole system and my suffering was simply indescribable. Was told by physicians that I was at death's door. Commenced to take Peru na when I was a dying man. I am now well." Sanford Robin son, Adrian, Mich., writes: "I had catarrh a good while befree I was aware of it. Then I was taken down with is grippe, and became so had I could sit up only a few moments each day. Peru-na entirely cured me." Charles Betta Borr Oak, Mich., former editor of the "Michigan Farmer" at Detroit, who had chronic catarchin diarrhoa, and had some despair of ever finding a remedy, was perminently cored by Poruca. Mrs. Emily S. Carson, Austerlitz, Mich., was promptly cured of catarrhal dyspepsia by Peru na. She had become very much reduced in flesh and was obliged to go without fixed almost entirely before taking Peru na. Mrs. John Braun of Dixboro, Mich., had catarrhal asthma. but is now well and says: "I think Dr. Hart-man's medicines are all they are claimed to be;" and so the list might be extended indefinitely." Those who desire further particulars should

send for a free copy of "Climatic Diseases," one of the latest and test books published on en-tarrhal diseases.

## A Doctor's Ambition Realized.

The doctor in speaking of his three favorite prescriptions, says: "It has been the greatest ambition of my life to compress into three compounds the principal virtue of all medicines. I believe I have accomplished this in Perusa, the catarrh and consumptive remedy. Mansalin the laxative; and Lacupia, the blood medicine. Now that these, my regular prescriptions, have come to be extensively used as family medicines, I feel a keen desire to render all the assistance possible to those who make use of them. I sin-cerely believe that an intelligent use of those remedies. Peru-na, Man-a lin and La cu piuremedies—Pe-ru-na. Man-a lin and La-cu pi a-would convert the mouning and fretful multirude of little children into glad and bouncing play mates, and change the vast number of sick woman who drag themselves wearily to their daily tasks into sprightly happy wives and elstera and the throngs of disspirited, unhealthy men into noble and elalwart husbands and brothers."

No family should be without a copy of the "Illa of Life," a complete guide to the rure of all discuss. Sent free by Thy. Pe-ru-na Drug Manufacturing Company of Calumbus. Obio.

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longer a luxury. It is a necessity, and to meet the demands
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change a young girl of eighteen or a toothless old hag of sixty. But he dare not grumble or complain and can only leave the palace with his bargain. If any wife quarrels with her hus-

band and wishes to leave him, according to an old custom, she has a right to return to the king's palace. The present monarch is said to possess only a few hundred wives, but there have been kings of Dahomey who possessed three thousand consorts. All the officials at the court, when

for a wife is fixed, but there is no choice

The candidate, says Waverley Maga-

zine, lays the sum of money at the

king's feet and he may receive in ex-

allowed.

they enter the king's presence, lie flat on the ground and strike their forehends on the floor, as a sign that they humble themselves to the dust. Even Themigau, the chief minister, is compelled to crawl toward his sovereign's feet when he has a communication to make

The women of Dahomey, after their marriage, lead a miserable life. They are never allowed to eat with their husbands and receive any instruction he may wish to give them on their knees. No wife would dare to stand in her husband's presence without his special permission.

Ediets Against Coal. It is said that when coal was first

used in England the prejudice against it was so strong that the house of commons petitioned the king to prohibit the further use of the "infernal and mixious fuel." A royal proclamation having failed to abate the missace. a emmonsion was appointed to accertain who burned "coles" within the limits of the city of London; to punish by branding for the first offense and by demolition of the furnaces for the ments had no effect, a law was prosed a French scalptors ohin.

making coal burning a capital offense In the records of the Old Town there is an account of a man who was hanged there for no other crime than that of using coal for fuel contrary to royal diet; this in the time of Edward L. Traveling Stopes.

Moving stones are located in Long pond, Me. On the easterly side of the pond is a cove which extends nearly a hundred rods further cast than the general course of the shore. The bottom is clay and very shoal. On the bottom are stones of various sizes, which, it is evident from various circomstances, have an amual motion toward the shore. The proof of this is the mark or track left behind them, and the bodies of chy driven up before them. Some of these stones are two or three tons' mucht and have left a track of several rods, hav-

The Age of Maturity.

them. The shore of this core is lined

with these stones, which, it would

seem, have crawled out of the water.

Statistics are said to show that young men do not, on the average, attain full physical maturity until they arrive at the age of twenty-eight years. Prof. Scheiller, of Harvard, asserts, as the result of his observations, that young men do not attain the full measure of their mental faculties before twenty-five years of age. A shrewd observer has said that "most men are boys until they are thirty, and little boys until they are ternty-fire," and this accords with the standard of manhard which was fixed at thirty among the ancient Hebrews and other

PROFIL. Bests Potter's

The longest board is seren and onesecond. Emaily, when minor prostship fencia feat in length, and is growing on